



KNEE TAG

CORE SKILLS | FRONT AND SIDE TACKLING

8 - WARM UP CARD

AIM

To raise the heart rate and prepare the body and mind for exercise. To practice approach to contact.

ORGANISATION

Set up four 10m x 10m grids

EQUIPMENT

Balls and cones

CORE SKILLS

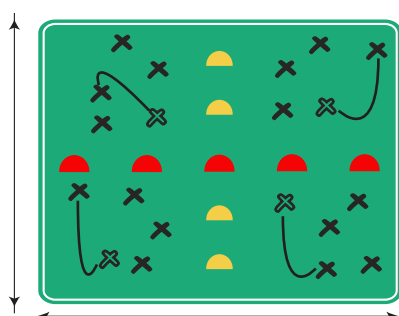
Approach to front and side tackling

EXPLANATION

- One player (defender) within each grid has to touch the other players (attackers) on their knee
- Each attacker has a ball
- If the players with the ball step out of the grid, they are classed as being touched
- When touched, the players stand with their arms out. The other players can get them back into the game by running underneath their arms from back to front
- When all players are touched, or the time limit set has elapsed, change the defenders

VARIATIONS

- **Easier (for the chasers)** - add more defenders, narrow the grid
- **Harder (for the chasers)** - widen the grid
- Once a player has been touched, they become the defender, but they can't touch the player who's just touched them right away
- Once touched, players squat down and hold the ball in one hand and hold their other hand up. They are released back into play by the players gently pulling down their arm
- If the surface allows, once players are touched, they stand with their legs open and are allowed back in play when a teammate goes under their legs (back to front only)
- Remove the yellow cones and combine two sides and play in a 20m x 10m grid
- Remove the red cones and combine all sides to play in a 20m x 20m grid



8 - WARM UP
KNEE TAG
10 minutes

ACTIVITY OVERVIEW

SUGGESTED TIME
10 minutes

EQUIPMENT
Balls and cones

SET UP
10m x 10m grid

CORE SKILL
Approach to front and side tackling

COACHING POINTS - SKILL DEVELOPMENT

- On approach, shorten steps, hands up
- Target thigh area
- Head to side (front block), head behind (side tackle)
- Arms around thigh area

COACHING OBSERVATIONS

- Observe how the defenders approach and try to tag the other attackers
- Can they sit? Are they close to the attacker?

KEY									
	CONE	TEAM A LEADER	TEAM B LEADER	BALL	BALL TRAVEL	PLAYER DIRECTION OF TRAVEL	NO-GO AREA	GATE	ZONE

PROTECTIVE FALLING & FRONT BLOCK & SIDE TACKLING

CORE SKILLS | PROTECTIVE FALLING & FRONT BLOCK & SIDE TACKLING



8 - TECHNICAL CARD

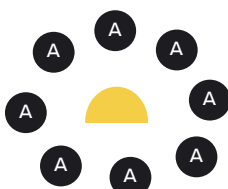
AIM

To develop a player's ability to perform front block and side tackle to fall safely

PROTECTIVE FALLING

ACTIVITY 1

Players start in a crouched position with ball gripped in two hands. Gently rock backwards until your balance is lost. As you fall, curl your body into a ball, making sure to keep the head tucked forwards.



A good visualisation is to have the player pretend they are a turtle going into its shell. Let the player fall as and when they wish. The coach can then call a player's name. Progress to working in pairs with partner 'pushing' player (should be controlled). Progress to extended crouch. Further progression could be from standing position with players falling on coach's call.

ACTIVITY 2

Start on your knees and let yourself fall forwards on to your forearms. Catch your weight with the forearms away from the body slightly. With the elbows bent, allow your forearms to touch the ground first. Try to resist reaching out towards the ground, or placing hands out in front. As contact is made, absorb the fall with your arms. Progress as Activity 1 above

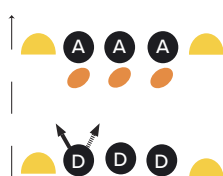
COACHING POINTS

- | | |
|---|---|
| <ul style="list-style-type: none"> • Must utilise all safety coaching points • Low to floor • Tight tuck position • Chin on chest • Neck and shoulders rounded | <ul style="list-style-type: none"> • Shoulders squeezed tight • Bent knees • Land on pants (bottom/thigh) • Arms in tight • Hands on ball (grip) • Relax body with fall |
|---|---|

ACTIVITY 3

Front Block Tackling

In pairs and five metres apart, the coach introduces the session and explains that there is more than one type of tackle. This one uses the ball carrier's momentum.



PROGRESSIONS

- | | |
|------------------|----------|
| Ball carrier | Tackler |
| • Walk, jog, run | • Crouch |
| • Walk, jog, run | • Stand |

Remember to tackle on both left and right shoulders and use the progressions mentioned depending on the stage of development of each individual player

COACHING POINTS

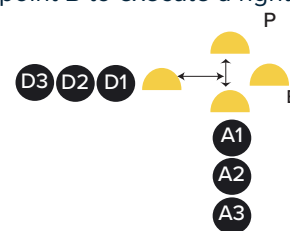
- On approach, shorten steps, hands up
- Target thigh area
- Head to side
- Arms around thigh area
- Squeeze ball carrier towards you
- Finish on top
- After contact, regain feet and stand in marker position

ACTIVITY 4

Side Tackling

A1 and D1 set off together walking to point P when they meet D1 executes a side tackle. This process is repeated with all other players. When the tackle is executed, the defender and attacker change places. Repeat from point B to execute a right shoulder

side tackle



PROGRESSIONS

BALL CARRIER

- Walk, jog, run
- Walk, jog, run

TACKLER

- Crouch
- Stand

Remember to tackle on both left and right shoulders and use the progressions above depending on the stage of development of each individual player

COACHING POINTS

- | | |
|--|--|
| <ul style="list-style-type: none"> • On approach, shorten steps, hands up • Target thigh area • Head behind • Arms around thigh area | <ul style="list-style-type: none"> • Squeeze ball carrier towards you • Finish on top • After contact, regain feet and stand in marker position |
|--|--|

KEY

- | | | | |
|------|--------|------|----------------------------|
| CONE | PLAYER | BALL | PLAYER DIRECTION OF TRAVEL |
|------|--------|------|----------------------------|

DEFEND THE CHANNEL

CORE SKILLS | APPROACH TO FRONT AND SIDE TACKLING



8 - GAME CARD

AIM

To reinforce front block and side tackling technique

ORGANISATION

Set up a 20m x 30m grid, with 5m, 10m and 5m channels

EQUIPMENT

Balls and cones

CORE SKILLS

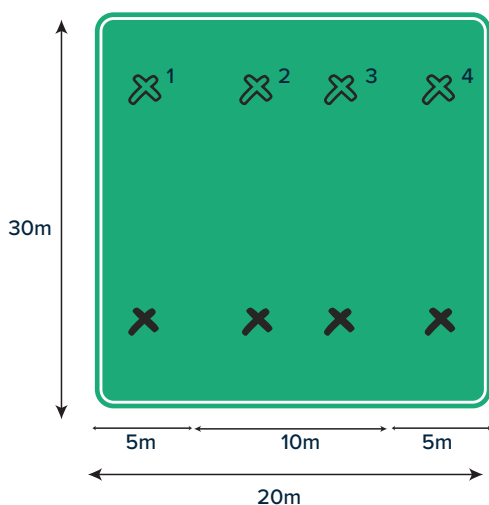
Approach to front and side tackling

EXPLANATION

- One team defends, one team attacks
- Team B's player 1 and player 4 must stay in their channel. Players 2 and 3 can go into any channel
- The defenders must select the correct technique for each tackle
- After every six tackles the roles are reversed
- If a try is scored, attackers restart on their try line
- Points are awarded to each team for each tackle executed

VARIATIONS

- **Easier (for the defenders)** - narrow the grid
- **Harder (for the defenders)** - widen the grid
- Points awarded to attackers for each line burst or try scored
- Progress to a game



8 - GAME CARD

Defend the channel

20 minutes

ACTIVITY OVERVIEW



SUGGESTED TIME
20 minutes



EQUIPMENT
Balls and cones



SET UP
20m x 30m grid with
5m, 10m and 5m
channels



CORE SKILL
Approach to front
and side tackling

COACHING POINTS - SKILL DEVELOPMENT

- Front block tackling - on approach, shorten steps, hands up, target thigh area, head to side, arms around thigh area, squeeze ball carrier towards you, finish on top; after contact, regain feet and stand in marker position.
- Side tackling - on approach, shorten steps, hands up, target thigh area, head behind, arms around thigh area, squeeze ball carrier towards you, finish on top; after contact, regain feet and stand in marker position.

QUESTIONS

- What area are you targeting in the tackle?
- How do you get into position to tackle effectively?

KEY



CONE



TEAM A LEADER



TEAM B LEADER



BALL



BALL TRAVEL



PLAYER DIRECTION OF TRAVEL



NO-GO AREA



GATE



ZONE



SHIELD

PROTECTIVE FALLING & FRONT BLOCK & SIDE TACKLING

CORE SKILLS | TO DEVELOP A PLAYERS ABILITY TO PERFORM FRONT BLOCK AND SIDE TACKLE TO FALL SAFELY



8 - MOVEMENT CARD

STABILITY | FALLING, THRUSTING, LEAPING AND CROUCHING

SYMPTOM

Player finds it difficult to generate power in the tackle

SOLUTION

Player needs support in developing thrust from a stable base

To allow players to step into the tackle more effectively, developing

- forceful extension (opposite leg to impact shoulder)
- forwards trunk lean

PRACTISE TWO-BALL CHALLENGE

Players focus on stable base, with an athletic stance ready to react



OBJECT CONTROL | GRIPPING, HOLDING, PUSHING AND BLOCKING (THE OPPONENT AS THE OBJECT)

SYMPTOM

Opponent struggles free during tackle

SOLUTION

Player needs to develop sufficient strength and flexibility to maintain hold on opponent

Support player in being able to grip evenly with both arms

PRACTISE TWIST AND RESIST

Use legs to drive ball up while opponent holds ball and resists



LOCOMOTION | RUNNING AND SIDESTEPPING

SYMPTOM

Opponent invades tackler completely

SOLUTION

Revisit sidestepping from Card 4:

- developing a rhythmical flow in sidestepping

PRACTISE KNEE BOXING

Focus on athletic stance with weight on front half of feet

React to partner and quickly regain athletic stance

